

In a material for a heat-resistant protection layer and constituting one of the components of a phase variation type recording medium, at least one compound having a thermal conductivity of higher than 10 W/m.deg inclusive in a bulk state is contained. This kind of material realizes a phase variation type optical data recording medium having a high erasure ratio and allowing data to be repeatedly recorded and erased a number of times by small power even at the time of high-speed recording and erasure.

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